Public Health Nursing

Tobacco Cessation Program 2010

Is Your Money Going Up In Smoke?

Public Health Nursing

Reynolds Army Community Hospital

Phone 580 442-2061

Most tobacco users spend at least a $1000 a year on tobacco products. Do you use tobacco products and wish you could save a $1000 a year? Well, wish no more! Public Health Nursing can help you quit tobacco use. Classes are on the 2nd Thursday of each month from 1230-1530 and you only have to attend one! To attend the class you must pre-register by coming to Bldg. 2772 Ringold Rd. from 0730-1630. The class dates for 2010 are as follows the classes will be held at the Environmental Health Classroom Bldg. 2775 Ringold Rd.

14 January 11 February 11 March

8 April 13 May 10 June

8 July 12 August 9 September